

August 2023 — September 2023

KEWAUNEE'S

# AGING & DISABILITY RESOURCE CONNECTION

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Sponsored By:



## **FARMERS MARKET VOUCHERS**

Vouchers are available at the ADRC of the Lakeshore until the end of September, or while supplies last. To be eligible for Farmers Market Vouchers you must be 60 years or older, live in Kewaunee County, and meet low-income requirements. Qualified seniors receive seven \$5.00 checks to be used during the growing season to purchase fresh Wisconsin grown fruits, vegetables, and herbs.



# SENIOR NUTRITION PROGRAM

## SENIOR DINING SITES

Senior Dining Sites are open to individuals age 60 or older and their spouse, regardless of their age. Limited government grants cover a portion of the meal costs. The suggested contribution for Senior Meals is \$6.50. Guests under the age of 60 are required to pay \$10.80.

Reservations are required at least 24 hours in advance. Call the dining center where you will eat between 10:00 am and 12:00 pm. If the dining center is closed, call the Aging and Disability Resource Center of the Lakeshore at 1-877-416-7083. To view the menus, please go to [www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com), and click on Nutrition.

### **KEWAUNEE**

Senior Center  
Community  
Congregational Church  
502 Center Street  
(920) 388-2676

Mon-Fri -11:15 am

### **ALGOMA**

Youth Club  
620 Lake Street  
(920) 487-7001

Mon, Wed, Fri  
11:15 am

### **LUXEMBURG**

St. John Lutheran  
Church  
700 Heritage Road  
(920) 894-7861

2nd & 4th Wednesday  
11:30 am

## HOME DELIVERED MEALS

Any of the following individuals are eligible to receive home delivered meals on a voluntary contribution basis.

A person aged 60 or older who meets the following requirements:

- The individual is incapacitated by reason of accident, illness, disability, frailty, or isolation;
- The individual is unable to obtain food and prepare adequate meals due to a lack of or inadequacy of facilities; an inability to shop, cook, or prepare meals safely; or a lack of appropriate knowledge or skill;
- The individual lacks the support of family, friends, neighbors, or another meal support service in the home or community; or
- The individual is unable to consume meals at a congregate dining location due to personal health reasons or other reasons that make dining in a congregate setting inappropriate.
- A spouse or domestic partner of a person eligible for a HDM as described above, regardless of age or condition, if screening concludes that participation is in the best interest of the older individual, or
- An adult with a disability who resides with an eligible HDM participant, if screening concludes that participation is in the best interest of the older individual.

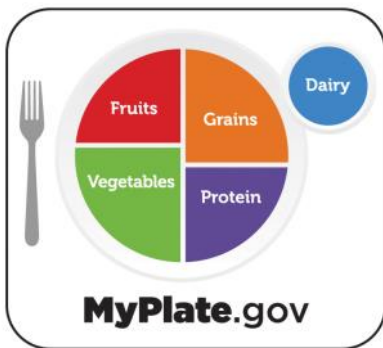


**Are you or someone you know eligible for Home Delivered Meals?**  
**Contact the ADRC today to learn more, 1-877-416-7083.**

# Nutrition Exchange

with Alyssa Weber, Registered Dietitian, Certified Dietitian

The Nutrition Exchange allows readers to submit nutritional questions to be answered by a Registered Dietitian. Questions can be mailed to the Aging & Disability Resource Center of the Lakeshore, Attention: Nutrition Exchange at 1701 Michigan Avenue, Manitowoc, WI 54220. We request that you include your name when submitting a question. **All names will be kept confidential.**



You may remember the food guide pyramid from many years ago which evolved into MyPyramid. MyPyramid showed the recommended number of servings from each food group that a person should aim for consuming on a daily basis. MyPyramid was replaced with MyPlate on June 2, 2011. This year marks the 12th birthday of MyPlate. MyPlate is the current nutrition guide published by the United States Department of Agriculture's Center for Nutrition Policy and Promotion. MyPlate is based on the most current Dietary Guidelines for Americans and displays a plate and glass representing the 5 food groups to show what a balanced meal looks like. The MyPlate website is a great resource for reliable, science-based nutrition information. I encourage you to check out MyPlate.gov

## HEALTHY EATING FOR OLDER ADULTS

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

- Make eating a social event: Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.
- Drink plenty of liquids: You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.
- Add a touch of spice: Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.
- Make the most of your food choices: Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.
- Be mindful of your nutrient needs: You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.
- Keep food safe: Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



# WALK TO END ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®

**SATURDAY, SEPTEMBER 9, 2023**

The ADRC of the Lakeshore will have a team walking. Join our team or form your own. For more information go to [act.alz.org](https://act.alz.org) or call us at 1-877-416-7083.



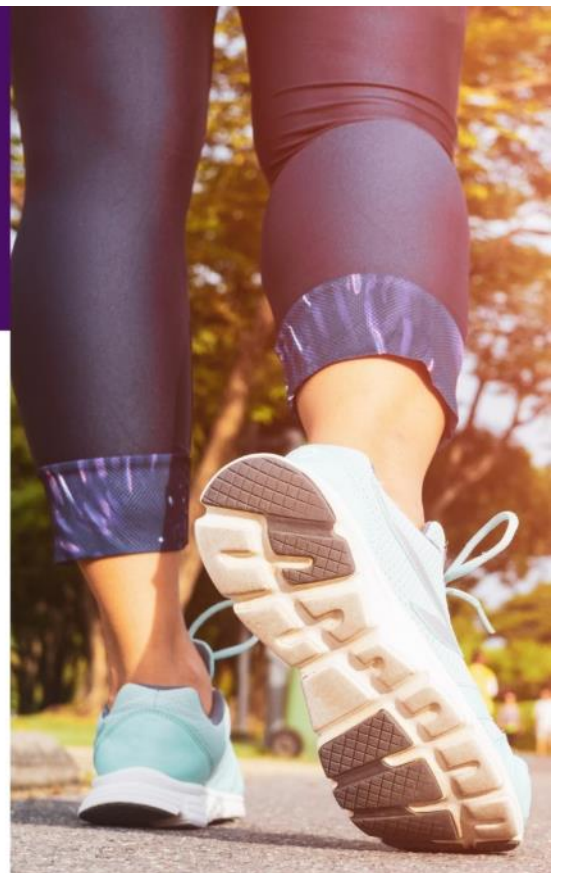
**TIME:**

Event Opens: 8:30 am  
Ceremony: 9:40 am  
Walk: 10:00 am



**LOCATION:**

Manitowoc-Two Rivers YMCA  
205 Maritime Dr  
Manitowoc, WI 54220



# KEWAUNEE COUNTY TRANSPORTATION NEEDS

## KEWAUNEE COUNTY HUMAN SERVICES SEEKING VOLUNTEER DRIVERS

Volunteers are the backbone of a community that keep members happy, healthy and involved. If you look around at all of the different organizations or community events held in the Kewaunee County, the bulk of the work is done by people who volunteer their time, energy, and passion for making Kewaunee County a great place to live.

Kewaunee County Human Services is recruiting volunteers for the Driver Escort program. The Driver Escort program is available to individuals of the County who are eligible for services and do not have any other means of transportation and want to remain independent in the community. The program runs on the use of volunteer drivers to provide the rides to screened participants. Currently the program has 27 volunteer drivers that provide an average of 280 rides per month to individuals in the County and an average of 3306 miles are driven per month. Volunteers receive mileage reimbursement. Our program is growing and we need additional volunteers to meet the demand of rides.

We asked our current volunteers why they volunteer and here are some of the responses; Jean Robinson who has been volunteering since 2016 states, "The clients are so grateful for the rides and how many people you would never have met without volunteering. It really is very satisfying how wonderful you feel in helping people." Another volunteer MaryAnn Breitlow, shares, "I very much enjoy helping people, but until I joined the transportation program, I never realized how much of a need there was. Many people have no other way to get to their appointments as other driving services are much more expensive. It is so wonderful to be able to look back on your day and know that you helped someone who could not have gotten to their appointment, work, etc., without your help. The mileage reimbursement is a nice plus as well. It is also a great way to meet new people and even keep some as friends. If there are any retirees out there who want a more fulfilling life and are a



good driver, this is a great opportunity!"

Becoming a volunteer is easy! If you have a valid driver's license and some time to spare, you can volunteer and set your own schedule. The program runs Monday through Friday during office hours. Training is provided. Please reach out to us for more information or with questions, we can be reached at 920-388-0626.

## KEWAUNEE COUNTY TRANSPORTATION SEEKING SUBSTITUTE VAN DRIVER

Kewaunee County is looking for a part-time substitute van driver in the Algoma area. This position is responsible for transporting individuals who are elderly or who have a disability around the City of Algoma during the hours of 10:00am-2:00pm on Wednesday and Friday. The candidate will communicate with the Transportation Coordinator to set the daily route. The ideal candidate will be responsible for keeping accurate records and submitting timely reports to the Transportation Coordinator. The driver must follow proper procedures for transporting wheelchair bound clients with the ability to operate the lift mechanism in the vehicle. Must be willing to work with the elderly and individuals who have a disability and must be able to communicate with staff members from Kewaunee County and keep accurate records. A valid Wisconsin driver's license is required. Interested individuals should reach out to Corrine at 920-255-1081.

# Minimizing the Risk of Scams for People Living with Dementia

By Alzheimer's Association Staff

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims of fraud and financial abuse. That's why we're grateful for Social Security's unwavering commitment to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Giving money to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse and fraud for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.



Some options include:

- Agreeing to spending limits on credit cards.
- Signing up for the “Do Not Call” list at DoNotCall.gov.
- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.

Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more, please visit the Alzheimer's Association website [www.alz.org](http://www.alz.org) or call our 24/7 Helpline at 1-800-272-3900.

*If you or someone you know is experiencing symptoms of memory loss, it might be time to consider a free memory screening with our Dementia Care Specialist. It takes less than 15 minutes, and you'll know what to do next. A memory screening gives you a clearer understanding of whether or not it's time to talk to your doctor about your concerns. Early referral to your physician is important to determine whether these changes are normal, if they can be treated, and if they are reversible. Information about support in your area will also be provided.*

# DEMENTIA SERVICES

Our Dementia Care Specialist (DCS) provides education and awareness about Alzheimer's disease and other dementias. This includes providing options to caregivers and individuals affected by memory loss regarding community resources and services, assisting with future planning, and implementing evidence-based programs to help individuals affected by dementia live independently in their communities. The goal of the Dementia Care Specialist is to utilize resources readily available in the community to delay or prevent institutionalization or publicly funded long-term care services.

For more information regarding resources or services available, contact our Dementia Care Specialist at 1-877-416-7083.

## EARLY-STAGE SUPPORT GROUP

10:00 - 11:30 AM  
Fourth Wednesday of the Month  
ADRC of the Lakeshore

Each meeting will host two groups simultaneously in separate meeting rooms: One group for individuals affected by dementia and/or memory loss (early stage). One for the family caregivers of individuals affected by dementia. (Assessment necessary prior to first session.)

Please RSVP by calling 1-877-416-7083.

## LAKESHORE MEMORY CAFÉ

10:00 - 11:30 AM  
Second Wednesday of the Month:  
Algoma Library  
Third Wednesday of the Month:  
Kewaunee Library

**\*PLEASE NOTE: Beginning September 2023, the Kewaunee County Memory Café has been discontinued due to low attendance. We invite you to join us in Manitowoc, the first Wednesday of the month, at the Manitowoc Public Library, from 10:00-11:30 am.**

Memory Cafés welcome those experiencing early stage Dementia, mild memory loss, or cognitive impairment, along with family and friends of those affected. We have a Dementia Specialist on hand to answer questions and an enormous wealth of experience among participants to be shared.

## DEMENTIA 101 & 201

1:00 - 2:30 PM  
Dementia 201 - August 9th  
Kewaunee County Human Services

An educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss.

Attending both presentations is not required but strongly encouraged. Call 1-877-416-7083 to register or for more information.

## VIRTUAL DEMENTIA TOURS

9:30 - 11:30 am or 1:00 - 3:00 PM  
NO CLASS SCHEDULED AT THIS TIME  
ADRC of the Lakeshore

An educational series on the topic of Dementia. Dementia is currently the sixth leading cause of death in the United States, with Alzheimer's being the most common cause of dementia among older adults. This disease is often difficult to understand and is a sensitive topic to discuss.

Attending both presentations is not required but strongly encouraged. Call 1-877-416-7083 to register or to inquire about future classes.



# Volunteer Spotlight

## Gordie Krogh: Prevention Program Facilitator



**How did you become a volunteer with the ADRC of the Lakeshore Program?**

My mother-in-law, Helen Clinton, told Sara Malay I was a trainer and she contacted me.

**What do you wish other people knew about volunteering with the ADRC of the Lakeshore?**

They will provide you with the tools to make you successful.

**When your friends/family members find out that you volunteer for the ADRC of the Lakeshore Program, what do they say or ask?**

How did I get involved, how much do they pay me, what programs do I teach and what is involved in the training.

**What has been your most rewarding experience while volunteering?**

Working with various volunteer coordinators and my partner in Living Well throughout the years and connecting with the students during and after classes.

**What might someone be surprised to know about you?**

I am a Vietnam veteran. I taught at the Kewaunee Nuclear Plant and Humana. My wife and I founded a Wisconsin non-profit called Unconditional Ministries, Inc. I have a BA in Christian Counseling and am an ordained minister.

**If someone was hesitant to volunteer, what would you tell them?**

Go for it. The ADRC will get you the training and provide the support so you will be successful. And you will meet many new and interesting people as you help them along this journey of life.

# DRIVERS NEEDED!

FOR OUR HOME DELIVERED  
MEALS PROGRAM

AVAILABILITY ANY DAY  
MONDAY - FRIDAY  
TIME: 10:30 AM-NOON

Contact us today, call 1-877-416-7083!





# ADRC Employee Spotlight: Lori Fure



Hi! My name is Lori Fure, and I am the new Older Americans Act Program Manager for the ADRC of the Lakeshore. I started in April and work in both our Manitowoc and Kewaunee locations. Over the last few months, I have really enjoyed learning about our programs, helping out at events, and getting to know the seniors in our area. All of my co-workers have been extremely helpful and welcoming- making this transition as seamless as possible

I was born and raised in Milwaukee County. After graduating from college, I was hired by the Department of Corrections as a Probation/ Parole Agent. I did that for 22 years before accepting this position. I am currently married and have 2 children. About three years ago, we adopted our first dog, Trixie.

Outside of work, I enjoy spending time with my family, crocheting, sitting by the fire with friends, and watching videos. My dream is to make it to England one day.

I am very excited to be a part of this team and to make a difference in any way that I can.

# ADRC of the Lakeshore

TO REGISTER FOR A WORKSHOP, CALL 1-877-416-7083.

- |                |   |
|----------------|---|
| August 8       | <b>Medicare A-D Presentation</b> - 3:00-4:00 pm<br>Kewaunee County Human Services. Registration required.               |
| August 9       | <b>Lakeshore Memory Café</b> - 10:00-11:30 am<br>Algoma Public Library. (See page 7 for details)                        |
| August 9       | <b>Dementia 201</b> - 1:00-2:30 pm<br>Kewaunee Human Services, Large Meeting Room (See page 7 for details)              |
| August 16      | <b>Lakeshore Memory Café</b> - 10:00-11:30 am<br>Kewaunee Public Library (See page 7 for details)                       |
| August 17      | <b>Family Caregiver Support Group</b> - 9:30-11:00 am<br>St John's Lutheran Church, Luxemburg (See page 12 for details) |
| August 21 & 24 | <b>Sip &amp; Swipe</b> - 9:30-11:30 am<br>Kewaunee County ADRC (See page 15 for details)                                |
| August 23      | <b>Early-Stage Support Group</b> - 10:00-11:00 am<br>Kewaunee County ADRC (See page 12 for details)                     |
| August 29      | <b>ADRC on the Radio</b> - 8:15 am - WCUB 980 Breakfast Club<br>Topic: Dementia Programs/Alzheimer's Walk               |
| September 21   | <b>Family Caregiver Support Group</b> - 9:30-11:00 am<br>St John's Lutheran Church, Luxemburg (See page 12 for details) |
| September 25   | <b>Pro-Bono Project</b> - 10:00-11:30 am<br>Kewaunee County ADRC. Appointment Required.                                 |
| September 26   | <b>ADRC on the Radio</b> - 8:15 am - WCUB 980 Breakfast Club<br>Topic: Medicare A-D                                     |
| September 27   | <b>ADRC on the Radio</b> - 9:30 am - WOMT 1240 Be My Guest<br>Topic: Volunteers   |
| September 27   | <b>Early-Stage Support Group</b> - 10:00-11:00 am<br>Kewaunee County ADRC (See page 12 for details)                     |



# Monopoly Word Search

Y O R K T O D C O N N E C T I C U T E E  
T N A I V I R G I N I A Y B A L T I C E  
H Y C M A R V I N G A R D E N S M L E V  
I T I R V E N T N O R S I T M S E U L K  
M I R A N P A C I F I C I R O N D M E L  
B N T A I O N I L L I N O I S Y I N N E  
L U C S H O R T L I N E P L G V T J S E  
E M E R S O N T O L C S A N E U E E T R  
E M L C E T N S H H T T I R C K R C A H  
A O E H M T A L A C N D M K U V R A T B  
T C T E A Y R N H E A O Y T T X A L E A  
L E A S J T C A I E N R I N Y N N P S K  
A L N T T E R R R T P L O N W S E K D L  
N H A R S L O S O L I U T L E N A R A A  
T E N N E S S E E T C U A E I W N A O W  
I O H S T T S N I C C D H G R N Z P R D  
C E O R A T A E H O T E L B R R A Q L R  
E I U B H S S W M O N O P O L Y I D I A  
S E S I I S I N D I A N A F R A A E A O  
E A E I O P E N N S Y L V A N I A O R B

## Word List:

MONOPOLY	MEDITERRANEAN	BALTIC	ORIENTAL
VERMONT	CONNECTICUT	STCHARLES	STATES
VIRGINIA	STJAMES	TENNESSEE	NEW
YORK	KENTUCKY	INDIANA	ILLINOIS
ATLANTIC	VENTNOR	MARVINGARDENS	PACIFIC
NORTHCAROLINA	PENNSYLVANIA	PARKPLACE	BOARDWALK
RAILROAD	READING	SHORTLINE	ELECTRIC
WATER	UTILITIES	COMMUNITY	CHEST
CHANCE	THIMBLE	IRON	HAT
BOOT	TERRIER	HOTEL	HOUSE



# ADRC of the Lakeshore Kewaunee County Support Groups

## EARLY-STAGE CAREGIVER SUPPORT GROUP

Fourth Wednesday of each month  
10:00 —11: 30 am  
ADRC of the Lakeshore

Simultaneous meetings for both  
caregivers and for those affected  
by dementia in early stages.

Assessment required prior to first  
session. Contact Ariel for initial  
assessment at  
1-877-416-7083.

## FAMILY CAREGIVER HYBRID SUPPORT GROUP

Third Thursday of each month  
9:30 - 11:00 am  
ADRC of the Lakeshore or  
virtually via Microsoft Teams.

Persons may attend in person or  
virtually to the same meeting.

Call 1-877-416-7083 for virtual  
invitation. No RSVP required for  
in-person attendance.

# Is It Time to Recharge Your Body, Mind, & Soul?

Lisa Van Remortel  
Family Caregiving Program Specialist

Caring for a loved one can take a lot of energy! As a caregiver, it is very important to take care of yourself so you have the energy needed to care for your loved one. Without taking time for yourself, you are at risk for burnout, depression and physical illness. The importance of finding ways to “recharge your battery” cannot be stressed enough. Below are some suggestions to consider:

- Attend a caregiver conference (contact the caregiver specialist at the ADRC)
- Call a friend you haven’t talked to in a while
- Take a bubble bath
- Listen to music (a local band playing in the park)
- Have lunch or coffee with a friend
- Play a game of golf (on the golf course)
- Go to a movie
- Go to a winery or brewery with a friend
- Go for a walk – around the block, along the lake or a path in/outside your home
- Meditate
- Read a fun book in your favorite chair or outside
- Participate in an exercise class
- Play cards or a game with a friend
- Put a puzzle together
- Sew, scrapbook, or do a craft
- Attend a local event

Set a goal for yourself – start with one or two times a month to set aside time for yourself to do one activity. Put it on your calendar and make it a priority to follow through. Gradually, you can begin to make a “habit” of taking time for yourself and



can schedule an activity at a minimum once a week. Taking this time for yourself will be beneficial mentally, emotionally and physically to continue the caregiving journey.

If you live with the person you are caring for and needs care 24 hours a day, 7 days a week, you will need to be creative in your planning. It may be possible to re-charge yourself by doing something special in your home while your loved one is napping or engaged in an activity that holds his/her attention for a predictable amount of time. Resist the urge to always fill this time with household tasks. You deserve to “treat” yourself to some “me time”. For activities out and about in the community, you may need to have someone stay with your loved one while you take a well-deserved break. Some options available include:

- Hiring someone privately
- Contacting a home care agency (contact the ADRC for a list of homecare agencies in your county)
- Asking a neighbor, relative, friend or faith-based congregation member to stay with your loved one
- Take your loved one to an adult day program (contact the ADRC for options)

Finding ways to re-charge your body, mind, and soul will allow you to be the best caregiver you can for as long as possible and will also benefit the person you are caring for. For additional support during your caregiving journey, please contact the Family Caregiving Program Specialist at the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083.

# PREVENTION PROGRAMS

The ADRC offers evidence-based prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. These programs reduce emergency room visits, hospitalizations and overall health care costs.



## Living Well with Chronic Conditions

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help with:

- Short-term goal setting
- Healthy eating and nutrition, food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving



Powerful Tools for Caregivers is a workshop which focuses on ways to take care of yourself, identify and reduce personal stress, communicate feelings, needs and concerns and master caregiving decisions while caring for someone else.

By taking care of your own physical, emotional and financial needs, you become a better caregiver. This class meets 2.5 hours a week for 6 weeks.

*\*If respite care is needed, please contact the ADRC at least one month prior to the start of the workshop to make arrangements.*



Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks you'll learn:

- To identify and remove or avoid fall hazards in your home and outside
- How vision, hearing, medication and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall.

## SCHEDULED CLASSES

### Powerful Tools For Caregivers:

Wednesdays, October 11 - November 15 | 9:00-11:30 am  
Kewaunee Health & Human Services (lower level)  
810 Lincoln Street, Kewaunee, WI 54216

### Powerful Tools For Caregivers: VIRTUAL

Thursdays, October 12 - November 16 | 4:00-5:30 pm  
Contact the ADRC to receive link and instructions.



**CALL THE ADRC REGISTER FOR CLASSES: 1-877-416-7083.**

There is no cost for our programs but a suggested contribution of \$10 helps to cover supplies.  
*Please note: Workshops will be cancelled one week prior to the start date if minimum is not met.*



# Sip & Swipe



Sip and Swipe offers an easy, free and safe way to learn how to use a tablet (or smartphone). It is designed for those who have never touched a tablet before or have minimal experience!

Sip and Swipe offers the basics of using tablets, searching the internet, getting an email account and more! Increase your confidence as you learn at your own pace, with support from your coach. Each Sip and Swipe workshop consists of two 2-hour sessions.

Tablets are available for use during class or for rent through the ADRC.

**August 21st and 24th from 9:30am- 11:30am**  
Kewaunee County ADRC  
810 Lincoln St., Kewaunee

For more information or to register, please call 877-416-7083.

## World Senior Citizens Day

August 21, 2023

The older generation of our population is a valuable part of our society. Our senior parents and grandparents are living memories of history, imparting well-earned wisdom and advice, and providing support and guidance to their children and grandchildren as they navigate the many different aspects of life. Thus, we celebrate them every year, marking August 21 as Senior Citizens Day!



# September is Falls Prevention Awareness Month

Did you know that Wisconsin is the number 1 state in the country for falls? While everyone falls, an unexpected fall for an older adult can lead to serious injury. The good news is, most falls can be prevented!

Our Stepping On workshop has been proven to reduce falls by over 30% in older adults. This 7-week workshop meets once a week for two hours each. Participants hear from guest experts (physical therapists, vision experts, pharmacists, community mobility experts), learn balance and strength exercises, and how to get up from a fall. Participants also learn to identify risks and make changes in their behavior and homes to reduce falls.

Are you at risk of falling? Take the following quiz to find out:

1. I have fallen in the past year. YES / NO
2. I use or have been advised to use a cane or walker to get around safely. YES / NO
3. Sometimes I feel unsteady when I am walking. YES / NO
4. I steady myself by holding onto the furniture when walking at home. YES / NO
5. I am worried about falling. YES / NO
6. I need to push with my hands to stand up from a chair. YES / NO
7. I have some trouble stepping up onto a curb. YES / NO
8. I often have to rush to the toilet. YES / NO
9. I have lost some feeling in my feet. YES / NO
10. I take medicine that sometimes makes me feel light-headed or more tired than usual. YES / NO
11. I take medicine to help me sleep or improve my mood. YES / NO
12. I often feel sad or depressed. YES / NO

**If you answered YES to four or more questions, you may be at risk of falling.** The Stepping On workshop could help improve your balance and lessen your risk of falling. To learn more or to sign up, contact the ADRC of the Lakeshore at 1-877-416-7083.





## Ruby's PANTRY

### POP-UP PANTRY

August 12 &  
September 9

Ruby's Pantry gathers various food overages, surpluses, and bumper crops into generous food bundles for a low \$25 donation.

**Registration Begins at 8:30 am**  
**Food bundles available from 8:30 am-10:00 am**

**No Income or Residency Requirements.**  
**\$25 Cash Donation**

#### Location:

St. John Lutheran Church  
700 Heritage Road,  
Luxemburg, WI

**Ruby's Pantry is available on the  
2nd Saturday of each month.**  
[www.rubyspantry.org](http://www.rubyspantry.org)



## Kewaunee Public Library News



Hours: Monday-Thursday 10am-7pm,  
Friday 10am-6pm, Saturday 9am-1pm, Closed Sunday

As summer winds down, we have some great titles to enjoy in the late summer sun. New books coming in August are:

- The Bone Hacker by Kathy Reichs
- Tom Lake by Ann Patchett
- The Keeper of Hidden Books by Madeline Martin
- Out of Nowhere by Sandra Brown
- Lion & Lamb by James Patterson

In September, we return to our regularly scheduled programming so check our calendar and join us for some fun learning experiences. As always, we have a full selection of large print titles, magazines, audiobooks, and newspapers like the Wall Street Journal and Green Bay Press Gazette.

## ADRC Staff Listing

Wendy Hutterer  
**ADRC Director**

Lori Fure  
**Older Americans Act Manager**

Melissa Konop  
**Information & Assistance  
Manager**

Kim Novak  
**Business Services Manager**

Emily Siemers  
**Nutrition Program Coordinator**

Ariel Koning  
**Dementia Care Specialist**

Ann Habeck  
**Disability Benefit Specialist  
(those under 60 years old)**

Angie Pietroske  
**Elder Benefit Specialist**

Katie Deprey  
**Information & Assistance  
Specialist**

Katrina Pratt  
**Information & Assistance  
Specialist**

Lisa Van Remortel  
**Caregiver Specialist**

Jenny Krueger  
**Outreach Coordinator**

Alee Vander Velden  
**Administrative Support**

Some staff work between our two office locations, but all can be reached by calling the ADRC at 1-877-416-7083.



Hours:  
Monday-Friday: 8:00 am - 4:30 pm

810 Lincoln Street  
Kewaunee, WI 54216

Phone: 920-683-4180 or 1-877-416-7083  
Fax: 920-683-2718

Email: [adrc@manitowocountywi.gov](mailto:adrc@manitowocountywi.gov)  
Visit us online at **[www.adrcofthelakeshore.com](http://www.adrcofthelakeshore.com)**

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### WANT TO MAKE A CONTRIBUTION TO THE AGING & DISABILITY RESOURCE CENTER AND THE OLDER AMERICANS ACT PROGRAM?

I have included a contribution in the amount of \$\_\_\_\_\_.  
(Checks please, not cash, payable to Aging & Disability Resource  
Center. Receipt sent upon request.)

Please designate this contribution in Memory or Honor of:

\_\_\_\_\_

I give permission to acknowledge my contribution in the "Thank You"  
column of "The Aging & Disability Resource Connection" publication:  
Yes \_\_\_\_\_ No \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone No. \_\_\_\_\_

Please mail to:  
ADRC of the Lakeshore, 1701 Michigan Ave, Manitowoc, WI 54220

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### Join our mailing list!

Sign up to receive our newsletter directly to your home or email.  
Call 1-877-416-7083 to subscribe.

The Aging & Disability Resource Connection is a bimonthly publication  
created to keep you informed of issues and events that may interest you and  
to inform you of available resources in Kewaunee County.



ADRC of the Lakeshore  
810 Lincoln Street  
Kewaunee, WI 54216

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# KEWAUNEE COUNTY RESOURCE FAIR

**OCTOBER 3, 2023**

Kewaunee County Fairgrounds, Expo Hall  
625 Third Street, Luxemburg  
9:00 am - 12:00 pm Activities to Follow